

About Body Fat, Water, Muscle, Bone Mass and BMI Measurement

The Digital Body Analysis Scale measures body fat, water, muscle, bone content and body mass index (BMI) using Bioelectrical Impedance Analysis (BIA). In simple terms, a low electrical impulse (which cannot be felt) is sent through the body. It passes easier through fluids in muscle tissue and blood than through fat tissue, which has a higher electrical resistance. Using a formula and the information on your gender, height, age and your calculated weight, the scale is able to compute your body fat, water, muscle and bone mass content. As shown in the accompanying tables, the percentage of body fat in the body can vary dramatically depending on gender and age. Obesity is the excess accumulation of fat in the body. Ordinary weighing scales will show if a person is heavy, but not if they are obese. To judge obesity, the amount of body fat needs to be measured. Proper hydration is essential for maintaining a healthy body and a good level of energy and concentration. It is commonly accepted that if you feel thirsty, your body is already mildly dehydrated and you need to drink some fluid, preferably water. Bone mass reading is an estimate of the calcium content in the bones. It is not a precise medical figure and is only meant to give an indication of bone mass. BMI is defined as the key index for relating a person's body weight to their height and correlates strongly (in adults) with total body fat content. It is a widely used diagnostic tool to identify weight problems and associated health risks. Some muscular people may have a high BMI without undue health risks. BMI = Body weight in kilograms / height in meters squared. The scale also calculates the calorie intake to maintain that body composition.

REFERENCE TABLE

Body Fat %									
Female	Under Fat	Health	Over Fat	Obese	Male	Under Fat	Healthy	Over Fat	Obese
AGE					AGE				
12 - 20	< 18	18 - 28	28 - 33	> 33	12 - 20	< 15	15 - 21	21 - 26	> 26
21 - 42	< 20	20 - 30	30 - 35	> 35	21 - 42	< 17	17 - 23	23 - 28	> 28
43 - 65	< 21	21 - 31	31 - 36	> 36	43 - 65	< 18	18 - 24	24 - 29	> 29
66 - 100	< 22	22 - 32	32 - 37	> 37	66 - 100	< 19	19 - 25	25 - 30	> 30
Body Water %									
AGE	Female		Male		Corresponding Hydration Level		Weight scope of hydration: 37.8 - 66.0%  Hydration rate degradation: 0.1%		
< 30	66.0 - 59.9		66.0 - 60.5		Optimal Hydration				
	59.8 - 56.4		60.4 - 57.1		Slight Hydration				
	56.3 - 53.0		57.0 - 53.6		Moderate Hydration				
	52.9 - 48.6		53.5 - 50.2		Dehydration				
> 30	48.5 - 37.8		50.1 - 37.8		Severe Dehydration				
	66.0 - 55.0		66.0 - 59.1		Optimal Hydration				
	54.9 - 51.6		59.0 - 55.7		Slight Hydration				
	51.5 - 48.1		55.6 - 52.3		Moderate Hydration				
	48.0 - 44.7		52.2 - 48.8		Dehydration				
44.6 - 37.8		48.7 - 37.8		Severe Dehydration					
Muscle %									
Female			Male						
> 34%			> 40%			Moderate			
Bone mass									
Female	Body Weight	Bone Weight		Male	Body Weight	Bone Weight			
	Below 45kg	> 1.8kg			Below 60kg	> 2.5kg			
	45 - 60kg	> 2.2kg			60 - 75kg	> 2.9kg			
	Over 60kg	> 2.5kg			Over 75kg	> 3.2kg			
Body Mass Index (BMI chart)									
Low			Healthy			High			
< 18.5			18.5 - 27			30 - 39			

**Note:** The data tabled were gained by sampling and are only for reference. If you have any questions about your health, please consult your doctor.

\* The recommended daily calorie consumption is for maintaining current body composition only. It is not a recommendation of calories required to lose or gain weight, as this will vary with how much weight you want to lose or gain and your exercise level.

**1 kilocalorie = 4.19 kilojoules; 1 kilojoule = 0.24 kilocalories**

**Warning:** Do not use this product if you have a pace maker or other internal electronic devices. Artificial joints may contribute to a skewed reading but the scale can still be safely used. Using the scale whilst pregnant: Whilst there is no known, documented health risk, we would advise pregnant women to use the body analysis scale for weighing only and use the full range of body analysis functions after delivery of the baby.

Using the Body Analysis Scale

To get the most accurate readings, please take into account the following points:

- Take measurements more than 3 hours after waking up in the morning. During sleep in the prostrate position, water distribution changes in the body, so that electrical resistance in the arms & legs increases. Some movement is required after waking up to give a stable water distribution in the body.
- Take measurements more than 3 hours after a meal. It takes 2 to 3 hours for a meal to be digested and distributed in the body.
- Excessive drinking and eating causes the amount of water in the body to increase above the normal level, so take measurements more than 24 hours later.
- Excessive drinking of alcohol or excessive exercise will cause dehydration, so also take measurements more than 24 hours later.
- If the flesh of the legs touch together, a short circuit could result, so the user needs to put some thin form of insulation between the legs to make sure the current goes right up the legs & into the body.
- With the scale being used by many different people, it is advisable to wipe the foot pads clean with methylated spirits between each user.

In general, it is best to measure your body composition in the evening, preferably wearing only underwear, and without having partaken of excessive eating & drinking, alcohol consumption and exercise beforehand. Ensure that you make repeated measurements under the same conditions.



Simply Bathroom™  
Digital Body Analysis Scale

Warranty Details

The product is guaranteed to be free from defects in workmanship and parts for a period of 12 months from the date of purchase. Defects that occur within this warranty period, under normal use and care, will be repaired, replaced or refunded at our discretion. The benefits conferred by this warranty are in addition to all rights and remedies in respect of the product that the consumer has under the Competition and Consumer Act 2010 and similar state and territory laws.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

After Sales Support

Telephone: 1300 470 038  
Operating Hours: Mon - Fri. 8.30am - 6pm EST



DIGITAL  
BODY ANALYSIS  
SCALE

Operating Instructions

Model Number 4534  
After Sales Support  
TEL: 1300 470 038



## OPERATING INSTRUCTIONS

It is advisable to read through these instructions first before attempting to operate the Scale. Ignoring certain procedures may give incorrect readings.

### PREPARING YOUR SCALE

1. Before attempting to use your Simply Bathroom Digital Body Analysis Scale, remove all packaging.
2. Then open the battery compartment cover on the base of the scale. Do this by placing your finger under the tab to lift and dislodge it. Insert the 4 x AAA batteries enclosed. Ensure the batteries are placed with the correct polarity. Replace the compartment cover.
3. Ensure you remove shoes, socks or stockings before using the scale as this may affect body analysis readings.



### OPERATING MODES

This Digital Body Analysis Scale has 2 operating modes -

- Weighing only and...
- Weighing to measure your body fat, water, muscle, bone content, body mass index and calorie intake (\*Personal data must be set for this function. This scale is able to store data including gender, height and age for 10 people).

#### Weighing Only

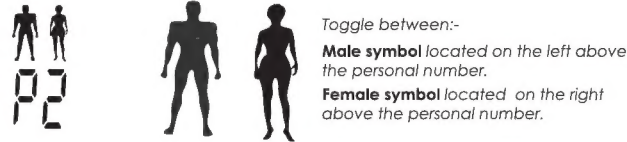
1. Activate the scale by tapping on the scale platform.
2. The screen shows the full display, followed by "0.0" indicating that it is in weighing mode and ready for use.
3. Before stepping onto the scale, select the unit measure for Kilograms (kg), Pounds (lb) or Stones (st) by pressing the conversion button found underneath the scale.
4. Then place the scale on a hard and even surface. Use on carpet or uneven surfaces may cause inaccuracies.
5. Gently step onto the scale making sure the display is 'zeroed' first.
6. When standing on your scale, make sure your feet are placed evenly, your weight is distributed evenly between your feet and you stand perfectly still. Movement, leaning backward or forward or not standing evenly on your scale, will affect the accuracy of the weight displayed.
7. Your weight value is then flashed on the display.
8. If left idle, the scale automatically turns off.

#### Entering personal data for body analysis

(the digits P0 - P9 represent each of 10 users).

1. Turn the scale on by pressing the 'SET' key.
2. A personal user number at the bottom left corner of the screen flashes (if the number stops flashing, press 'SET' again).

3. Press either of the arrows to select a number of your choice (you can do this only when the personal number is still flashing).
4. The digits P0 - P9 represent each of 10 users. Remember this number for future reference. You might want 'P0' for yourself, your partner might like 'P1', your son 'P2', daughter 'P3' and so forth. Press the 'SET' to 'lock' it in.
5. Gender symbol flashes. Press either of the arrows to make your selection, then 'SET' to 'lock' it in.



6. 'Age' flashes (10-80yrs). Press either of the arrows to scroll up or down to enter your age, then 'SET' to 'lock' it in.
7. Height measurements flash (100-240cm). Press either of the arrows to scroll up or down to enter your height, then 'SET' to 'lock' it in. (If 'kg' was chosen as the measurement unit, then your height will be shown in terms of 'cm'. If 'stone pounds' or just 'pounds' were chosen, then height would display in feet and inches).
8. The programming of personal data is now completed. The scale shows this data again, then 'zeroes', indicating it is ready for use. You may step on it for a body analysis reading...or
9. You may continue to enter data for another user or modify data by repeating Steps 1-7. Remember that each other person will have a different identifying user number.

#### OVERLOADING

If the scale is overloaded (over 180kg / 397lb / 28st), 'EEEE' appears on the display. Remove the weight immediately or damage to the scale may occur.

#### LOW BATTERY INDICATOR

When 'LO' displays on the screen, the batteries must be replaced. Remember, always use fresh, good quality lithium batteries.

#### ERROR INDICATION

'Err2' indicates that body analysis has been unsuccessful. If this occurs, start the process again.

'FATL' means that body fat content is less than 5%.

'FATH' means that body fat is more than 50%

#### SPECIFICATIONS

Blue backlit LCD

Capacity - 180kg / 397lb / 28st; Graduation - 0.1kg / 0.1lb

Body fat percentage range 5 - 50%; Graduation 0.1%

Water percentage range 20 - 70%; Graduation 0.1%

Muscle range 15 - 75%; Graduation 0.1%

Bone weight range 1 - 11.7kg / 2.2 - 25.8lb

Age range 10 - 80 years

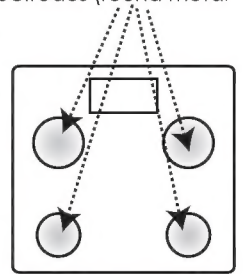
Height range 100 - 240cm / 3'3" - 7'2"; Graduation 1cm / 1"

Battery - 4 x AAA batteries (included)

## Weighing to compute your body fat, water, muscle, bone content, body mass index (BMI) & recommended calories to maintain current body composition

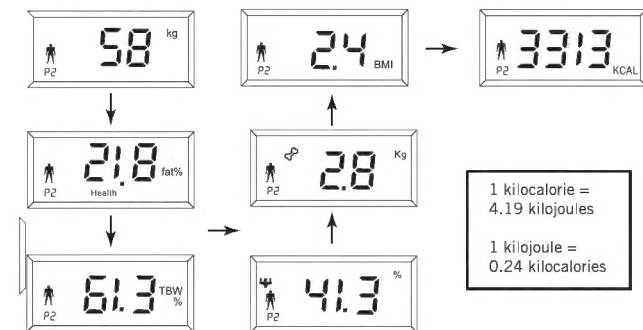
1. Activate the scale by tapping on it. The screen shows the full display.
2. When the full display is shown, immediately press either of the arrow buttons to find the number you chose as your personal user number. There is no need to press 'Set' once you have located the number.
3. The scale will display your previous body analysis results (except weight) and then 'zero' indicating it is ready for use.
4. Gently step onto the scale. Note that your bare feet MUST be centred over and on the electrodes (round metal discs) for an effective reading.

These electrodes allow a very low electrical impulse (which cannot be felt) to pass through the body. The scale applies Bioelectrical Impedance Analysis (BIA) to compute the measurements.



Your weight is then flashed.

5. Continue to stand still. The data will show within seconds.
6. Your body fat, water, muscle percentages, bone weight, BMI will appear on the screen, followed by the recommended daily calorie intake to maintain this body make up. This will be displayed 2 times sequentially.



7. The scale automatically turns off after that.

#### LAST RESULT RECALL FUNCTION

After measuring weight, fat, water, muscle, bone, BMI and kilocalories, the scale automatically stores the data into memory

1. To view these results, turn the scale on and select your personal user number (No need to press 'SET' after that). The scale will display your last recorded measurements.
2. The scale then 'zeroes' ready for use again.
3. When you measure yourself again, the scale will record the new results and this will replace the old data.